

## BALANCE & MOVEMENT VIDEOS

### Balance:

Balance can be broken down into 3 pieces. Vision (eyes), Vestibular (inner ear), and Proprioception (nerves and muscles).

Each of these aspects of balance, plays a role in preventing falls. Balance tests are often used as a predictor of falls, therefore it is important to work on balance, even during your healthier years, in order to stay healthy.

Balance does not improve without challenging the body. This challenge can be created with reaches or steps that take you out of your comfort zone, however should only be performed next you can hold on to, to be used as much as needed. Safety during balance exercise is key, so always have someone nearby to help you and always stand next to something you can hold onto to steady yourself. Again, it is important to challenge yourself, however to stay safe throughout.

A safe way to challenge balance, is to work on proprioception through movement. Not just forward and backward, but sideways, and twisting motions as well.

Proprioception can be challenged with repeated reaches and steps in all directions. This is a way to train the body to remember movements so that when you perform these movements during regular daily activities, you are much more stable and safe.

Three Levels of Balance Training will be explained below. Each should be performed with someone nearby as well as with something nearby to hold onto as needed. Each level has a different challenge to the movements within it.

### Level 1:

Seated Balance Series - Incorporating reaches, foot position, and core strength - using hand hold assists as needed

### Level 2:

Standing next to counter top while steadying yourself with hand on the counter - Incorporating reaches and foot position

### Level 3:

Standing next to counter top without steadying yourself with hand on the counter - Incorporating reaches and foot position without balance assistance

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### Level 1: Seated Reaches

Explanation: As you age, a big portion of balance issues comes from a lack of core stability or the inability to utilize balance strategies such as a step or counter balance. These level 1 chair exercises address these things and begin to create a stronger pathway from your brain to your feet. Strengthening this pathway allows the body to respond quicker in real life situations, helping you stay standing without losing balance.

### Level 2: Standing Countertop Reaches

Explanation: Level 2 is to be performed after Level 1 is completed safely. Just like our seated reaches, level 2 of our program has the challenge of reaching outside of your comfort zone to challenge your balance. However level 2 is standing the full time with a hand on the countertop. Your hand should remain on the countertop lightly or firmly;

## MEMBERS PORTAL CONTENT

whichever is needed to assist in your exercises. Standing exercises allow you to further strengthen that pathway from your brain to your body to maintain and utilize muscles for balance.

### Level 3: Standing Reaches

Explanation: Level 3 of our balance program to be performed when Level 2 has been completed and a greater challenge is needed. Level 3 is very similar to Level 2, however you are not using your hand on the counter to assist with balance. You should perform this level next to the countertop, in case assist is needed, however the goal of this level is to challenge your balance without hand hold assistance.

### Level 1

#### INTRO VIDEO

**Position:** Seated, with back away from back of chair and arms off of any armrests

**Repetitions:** 12-15 reps, less if fatigue or pain occurs early

**Tips:** Perform reaches as far as you can while remaining safe. If you have any pain, stop exercise and ask your physical therapist before continuing.

#### LEVEL 1

A.

#### VIDEO 1

**Name:** Seated Forward Reaches

**Position:** Seated, with back away from backrest of the chair and arms off of the armrests

**Exercise:** Reach arms forward at chest height, then return to upright position

**Repetitions:** 12-15

#### VIDEO 2

**Name:** Seated Diagonal Reaches

**Position:** Seated, with back away from backrest of the chair and arms off of the armrests

**Exercise:** Reach arms at chest height, diagonally forward then diagonally backward to end range. Alternate forward and backwards, then switch sides and perform on the opposite sides

**Repetitions:** 12-15 forward/back, on both sides

#### VIDEO 3

**Name:** Seated Side to Side Reaches

**Position:** Seated, with back away from backrest of the chair and arms off of the armrests

**Exercise:** Alternating directions, reach at chest height as far to the side as possible, then return to upright position

**Repetitions:** 12-15 both sides

#### VIDEO 4

**Name:** Twist Across Body Reaches

**Position:** Seated, with back away from backrest of the chair and arms off of the armrests

**Exercise:** At chest height, reach your right arm across the body to the left, leaning into the reach and twisting through the back, then return to upright position

**Repetitions:** 12-15, both sides

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### LEVEL 1

B.

#### VIDEO 5

**Name:** Seated Reach to Floor *and* to Ceiling

**Position:** Seated, with back away from backrest of the chair and arms off of the armrests

**Exercise:** Reach arms forward and towards floor to end range, return to upright position, then reach arms forward and towards ceiling to end range, finally return to upright position

**Repetitions:** 12-15, toward floor *and* toward ceiling

#### VIDEO 6

**Name:** Seated Overhead Reach and Bend

**Position:** Seated, with back away from backrest of the chair and arms off of the armrests

**Exercise:** Reach right arm overhead in left direction, and lean to left during the reach, then return to upright position and perform with left arm reach overhead in right direction, leaning to right during the reach, finally returning to upright position again

**Repetitions:** 12-15 in both directions

#### VIDEO 7

**Name:** Seated Twists

**Position:** Seated, with back away from backrest of the chair and arms off of the armrests

**Exercise:** With both arms at chest height, rotate as far as possible to the left with the arms and torso, then as far as possible to the right with arms and torso, before returning to upright position

**Repetitions:** 12-15

### LEVEL 1.

C. Pt 1:

#### INTRO VIDEO

**Name:** Introduction to Seated Step and Reach

**Explanation:** We are now adding a step while performing our leans and reaches from the chair. Adding a step in the direction of your arm reach widens your base of support and is a strategy to improve balance. In our exercise series, we perform steps in order to retrain our brain to work with our legs during these movement patterns.

#### VIDEO 1

**Name:** Seated Forward Step and Reach

**Explanation:** Add a step with one foot, forward in the same direction as your arm reach. As you lean forward and reach forward to end range, your foot takes a step in the same direction to widen your base of support and improve balance.

**Repetitions:** 12-15

#### VIDEO 2

**Name:** Seated Side Step and Arm Reach

**Explanation:** While in a seated position, step your right foot to the right side and reach the right arm at chest height as far to the right side as possible, before returning both the foot and arm to starting point. Then repeat with everything to the left.

**Repetitions:** 12-15

#### VIDEO 3

## MEMBERS PORTAL CONTENT

**Name:** Seated Twist Side Step and Arm Reach

**Explanation:** While in a seated position, rotate the foot out to step towards the right and rotate the right arm to the right, to reach as far back behind you as possible before returning to your seated position upright. Then perform with the Left foot and left arm in the left direction.

**Repetitions:** 12-15

VIDEO 4

**Name:** Seated Step and Cross Body Arm Reach

**Explanation:** While seated, step your right foot to the right, while reaching your left arm at chest height, across your body also to the right. Return to upright position before switching sides and alternating side to side.

**Repetitions:** 12-15

LEVEL 1.

C. Pt 2:

VIDEO 1

**Name:** Forward Step and Reach to Floor and Ceiling

**Explanation:** Still seated, with one foot, step forward while reaching with both arms forward and towards the ground. Return to upright position before stepping with a foot forward again and reach forward and towards the ceiling. Return to upright position and repeat.

**Repetitions:** 12-15 to floor and ceiling

VIDEO 2

**Name:** Side Step with Overhead Reaches

**Explanation:** While seated, side step to left while reaching the left arm up over head and leaning towards the right. Then return to neutral position. Then side step with the right foot, while reaching the right arm up overhead and leaning left.

**Repetitions:** 12-15 Reps on both sides

VIDEO 3

**Name:** Side Step with Side Reach to Ground

**Explanation:** Start with the right foot, step to the right and reach with your arm as far to the right and to the ground as possible before returning to neutral position and performing the same to the left.

**Repetitions:** 12-15 Reps on both sides

VIDEO 4

**Name:** Side Step with Cross Body Reach to Ceiling

**Explanation:** Step to right side with foot while rotating and reaching overhead, across your body with your left hand to the right side of your body. Return to neutral position. Then repeat with the left foot and the right arm reaching to the left towards the ceiling.

**Repetitions:** 12-15 both sides

VIDEO 5

**Name:** Side Step with Cross Body Reach to Floor

**Explanation:** Step to right side with foot while rotating and reaching towards the floor, across your body with your left hand to the right side of your body. Return to neutral position. Then repeat with the left foot and the right arm reaching to the left towards the floor.

**Repetitions:** 12-15 both sides

## MEMBERS PORTAL CONTENT

### LEVEL 2:

#### INTRODUCTION VIDEO

**Name:** Introduction to Standing Balance Exercises

**Explanation:** Standing makes these balance exercises more realistic and functional. Our goal is to engage the core, utilize standing balance strategies, and to teach the body how to move better without falling. This section is to be performed in standing, next to a kitchen counter, door frame, or table to steady yourself. It involves reaches and steps + reaches to challenge your balance.

### LEVEL 2

#### A.

#### VIDEO 1

**Name:** Standing Clock Reaches

**Explanation:** In a standing position, while holding onto the counter or table, reach and lean as far as you can forward, then return to standing upright position. Do this in each direction to as if you are reaching towards each number on a clock.

**Repetitions:** 5-8 reaches to each direction on the clock

#### VIDEO 2

**Name:** Standing Clock Reaches opposite side

**Explanation:** In a standing position, while holding onto the counter or table, reach and lean as far as you can forward, then return to standing upright position. Do this in each direction to as if you are reaching towards each number on a clock

**Repetitions:** 5-8 reaches to each direction along clock

### LEVEL 2 B.

#### VIDEO 1 and VIDEO 2

**Name:** Forward Reach to Floor and Ceiling

**Explanation:** In a standing position, hold onto the table with one hand and reach your other hand forward and towards the floor for distance. Return to the upright standing position before reaching forward and toward the ceiling for distance. Then return back to neutral standing and repeat.

**Repetitions:** 10-15 Reaches both directions

#### VIDEO 3 and VIDEO 4

**Name:** Side Reach towards floor and ceiling

**Explanation:** In a standing position with hand on table, reach to the side and to the floor for distance, return to neutral standing position, then reach to side and ceiling for distance. Return to upright neutral position and repeat.

**Repetitions:** 10-15 Reaches both directions

#### VIDEO 5 and VIDEO 6

**Name:** Twist with Cross Body Reach

**Explanation:** In a standing position, reach across your body at chest height, knee height, and then head height, returning to neutral standing between each.

**Repetitions:** 10-15 Reaches in each direction at Each Height

## MEMBERS PORTAL CONTENT

LEVEL 2.

C. Pt 1.

VIDEO 1 and VIDEO 2

**Name:** Step with Clock Reaches

**Explanation:** In a standing position, holding on to the table, step in each direction around one side of the clock, reaching as far as possible, in the direction of each step.

**Repetitions:** 5-10 Reaches each direction

LEVEL 2.

C. Pt 2.

VIDEO 1 and VIDEO 2

**Name:** Step with Forward Reach to Floor and Ceiling

**Explanation:** In a standing position, step forward and reach forward and towards the floor for distance. Return to upright position and step and reach forward and towards the ceiling before returning to upright position.

**Repetitions:** 12-15 Reaches Each Direction

VIDEO 3 and VIDEO 4

**Name:** Step to Side with Reach to Side at Ground, Chest, and Ceiling Height

**Explanation:** From a standing position, step to the side and reach to the side at floor height, chest height, and head height, returning to an upright position between each reach.

**Repetitions:** 12-15 Reaches Each Direction

VIDEO 5 and VIDEO 6

**Name:** Step with Cross Body Reach at Ground, Chest, and Ceiling Height

**Explanation:** From a standing Position, step towards your hand hold, and with your free hand reach across your body toward the floor, at chest height, and toward the ceiling. Returning to an upright position between each reach.

**Repetitions:** 12-15 Reaches Each Direction

LEVEL 3

LEVEL 3 INTRODUCTION

**Name:** Introduction to Level 3 Standing Balance

**Explanation:** From a standing position. Perform a series of steps and reaches in different directions to challenge your balance. Level 3 of our balance program to be performed when Level 2 has been completed and a greater challenge is needed. Stand close to a table or counter to steady yourself as needed, however this level should be performed without hand hold assist.

LEVEL 3

A.

VIDEO 1 and VIDEO 2

**Name:** Double Arm Standing Clock Reaches

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**Explanation:** From a standing position. Use both hands to reach and lean as far as possible around one side of the clock. Then repeat on the other side of the clock.

**Repetitions:** 5-8 Reaches in Each Direction

LEVEL 3

B.

VIDEO 3

**Name:** Double Arm Standing Reach to Floor and Ceiling

**Explanation:** From a standing Position, reach forward towards the floor, return to upright position, then reach forward and toward the ceiling, before returning to an upright position again.

**Repetitions:** 12-15 Reaches each

VIDEO 4 and VIDEO 5

**Name:** Double Arm Side Bend Reach to Floor, Chest, and Head Height

**Explanation:** From a standing position, with chest facing forward, sidebend and reach to one side at floor level, chest level, and head level. Be sure to bend to the side, and avoid twisting.

**Repetitions:** 12-15 Reaches at each level in both directions

VIDEO 6 and VIDEO 7

**Name:** Double Arm Twist Reach to Floor, Chest, and Head Height

**Explanation:** From a Standing position, twist both arms one direction while reaching towards the floor, then chest height, then towards the ceiling, returning to an upright position between each reach. Repeat on the opposite side.

**Repetitions:** 12-15 Each level in both directions

LEVEL 3

C. Pt 1

VIDEO 1 and VIDEO 2

**Name:** Step with Clock Reaches

**Explanation:** From standing position, step and reach forward in the direction of each number on a clock. Work through one side of the reaches, then switch side, to work through the other side of the clock.

**Repetitions:** 5-8 Each Direction

LEVEL 3

C. Pt 2

VIDEO 3

**Name:** Step with Forward Reach to Floor and Ceiling

**Explanation:** From a standing position, step forward and reach forward and towards the ground. Return to an upright standing position. Then step and reach forward and toward the ceiling. Finally returning to upright position.

**Repetitions:** 12-15 Both Direction

VIDEO 4 and VIDEO 5

**Name:** Step to Side with Sidebend Reach at Floor, Chest, and Head Height

**Explanation:** From a standing position. Step to the side and add a sidebend reach and lean to the same side. Reach towards the floor, at chest height, and towards the ceiling, while returning to an upright position between each step

**Repetitions:** 12-15 Reaches in both directions at each level

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VIDEO 6 and VIDEO 7

**Name:** Step and Twist with Reach at Floor, Chest, and Head height

**Explanation:** From a standing Position, step and twist to one side. The arms should reach to this same side, but at floor height, at chest height, and at head height; returning to an upright position between each reach.

**Repetitions:** 12-15 Reaches in both directions at each level